

S.D. Family Focus



An update for South Dakota
Service Members &
Families!

September 2012

1-800-658-3930

Suicide Prevention Awareness

Although some warriors may feel like suicide is the only alternative, it's not...there is hope.

| | |
|------------------------------------|--------------|
| DPH— Teresa Henrickson | 605-668-3045 |
| Chaplain— LTC Lynn Wilson | 605-431-5182 |
| Military & Family Life Consultants | |
| Renee Oler | 605-393-5953 |
| Michelle Ruesink | 605-251-1582 |
| Amy LaBay | 605-660-5636 |

In addition to those highly trained professionals listed above, there are also resources at the [Military Crisis Line](#) and [DCoE Outreach Center](#).

Additionally, you can use the following programs and resources to support your return to full emotional and psychological well-being:

[Army Suicide Prevention](#)

[Marine Corps Community Services Suicide Prevention](#)

[Navy Personnel Command Suicide Prevention](#)

[Air Force Suicide Prevention Program](#)

[DoD/VA Suicide Outreach](#)

Members of each armed service — as well as National Guard members, reservists, veterans and eligible immediate family members — can call [Military OneSource](#) at 800-342-9647 for guidance on finding resources for their service or component, and can find additional psychological support with the [Mental Health Services Locator](#).

Suicide Prevention Stand Down

Pursuant to a directive from the Chief of Staff of the Army, the South Dakota Army National Guard will observe a Suicide prevention Stand Down during the months of September, October and November. The theme for the Stand Down is “Shoulder to Shoulder, We Stand up for Life”.



The ARNG intends to raise awareness regarding actions that will effectively reduce stress, cope with and overcome suicidal thoughts of our Soldiers, Leaders, Family Members, and Department of the Army civilians. The SDARNG Family is committed to assisting you find the strength to rebound from adversity and preserve our most essential resource...you!

~BG Jeffrey Marlette

Assistant Adjutant General—Army

Real Warriors Who Overcame Suicidal Ideation

Army Maj. Jeff Hall, Army Capt. Emily Stehr and Army Maj. Ed Pulido each experienced suicidal ideations after serving our nation in the conflict in Iraq. But all three sought treatment with the support of their family and friends, and now share their experiences to encourage others to get care. Watch [Hall](#), [Stehr](#) and [Pulido](#) tell their empowering stories. For these stories and more check out <http://www.realwarriors.net/>

Save the Date October 13th 2012

Jackrabbits vs. Western Illinois military appreciation day at Coughlin-Alumni Stadium. South Dakota State Athletics would like to invite all Military Personnel out for “Military Appreciation Day.” All military personnel will receive (2) complimentary tickets to the game. (Pick-up tickets at Gate 6 the day of game) for more information go to: gojacks.com or call 1-866-GO-JACKS.

Greetings from the new Family Assistance Coordinator Sheri Bartunek!

On August 20th I made the transition from being the Family Readiness Support Assistant (FRSA) for two years with the 109th RSG to being the coordinator for Family Assistance. I am so excited to dig in and start working Family Assistance along with Kim Chase in Brookings, Corinne Mahlen in Watertown and Rachel VanderZee in Sioux Falls.

Just a little background on me and my family...I am happily married to LTC Todd Bartunek (no, not Ted and not Deb). We recently celebrated our 26th anniversary and I have been a military spouse for every one of them! We have three boys who have kept us busy over the years. Tyler & his wife Cindy live in Alpena with their 6 children. Yes, think Brady Bunch! They each bring two boys and one girl to the family. Zach is a junior at Colorado State University – Ft. Collins studying Business and Myles is a junior at Central High School in Rapid City involved in basketball and baseball.



When I am not working...You can usually find me with my nose in a book especially a murder mystery. I also like to be creative and recently began painting again. My family and I love to camp and ride the 4-wheeler trails in the hills. Of course, we don't get out as often as we would like!

Prior to this position...I was the FRSA for the 109th RSG for two years after designing kitchens for 10 years with ProBuild (UBC) in both Huron and Rapid City. Before that I did commercial interior design for 9 years at various locations in Rapid City. I am a graduate of SDSU with a Bachelor's of Science in Interior Design and a minor in Visual Art.

Even though the voice has changed when you call the Family Assistance number (1-800-658-3930) the excellent customer service will remain the same.

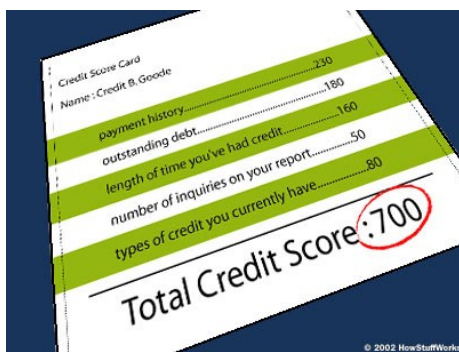
Military OneSource Resources

Looking at going back to school or need resources for your family?

Military OneSource has a collection of education and career resources. Check out their website for information on:

Career
College
Special needs in education
Pre-K to 12
Spouse Education and Career Opportunities

Click here militaryonesource.mil to find out more.



Check your Credit Score..... HAS BEEN EXTENDED!

In support of the National Guard Bureau, **Financial Industry Regulatory Authority (FINRA)**, **FINRA Investor Education Foundation (which is part of FINRA)** has once again provided us with the opportunity to check our credit score and credit analysis **free of charge**. From **now until September 2012**, the new code is **GAA8C3SU**.

Go to <http://apps.finra.org/myFICO/2/default.aspx> and enter GAA8C3SU in the Financial Educator Code box. Fill in all of the required info.

Remember, this is FREE. If there is a prompt to enter a credit/debit card number, it's the wrong place on the wrong site. FINRA has provided this free access since July 2011. Many thousands of our Guard members find this valuable.

Also, FINRA has sponsored various "How to Video's". Members of the FMAP team were invited to review these videos for content and applicability to the National Guard. They are great videos and we appreciate all that FINRA has done to support our Nations heroes. Check out their website to view these videos at: <http://www.saveandinvest.org/MilitaryCenter/P126000>

Guard Support Center

Interested in getting your degree and/or ensuring you have the best plan to use the limited resources available to you? One resource that you have is the Guard Support Center or GSC. The GSC provides support to the entire family (ARNG, Soldiers, spouses and immediate family members.) The GSC offers a robust counseling team to support employment, education, apprenticeship and incentives services.

Call the GSC Education Counselors and they will help...

- Advise you on obtaining college credit for your Military experience, CLEP or DSST testing, previously earned college credits, advance placement credits from high school, Certification or Licensures that you currently hold and any other non-traditional credits.
- Advise you on the education benefits you have available to you as an ARNG Soldier, scholarship programs for Soldiers, spouses and dependants, and other federal education programs.
- Be available to support you until your degree is complete.
- Provide information on CLEP and DSST exams and study materials for those testing programs.
- Answer any related questions.

Call Toll Free (866)628-5999 or
Email GSC@NG.ARMY.MIL



FRSA, FAC, FACC, FROG, FAS, FRG... What?

Who are they? What are they? Do you really need to know? Of course you do! All work together to provide a coordinated and comprehensive approach to Service and Family member readiness and resiliency, but what exactly do they do and what do they offer?

The FRSA or Family Readiness Support Assistant supports and assists a unit commander in developing their unit's Family Readiness program. Not only is a commander responsible for their Service members' readiness they are also responsible for the Family members' readiness. To do this, the FRSA provides training, guidance and information pertaining to Family Readiness so the commander can make informed decisions about their program for the Service and Family members.

In contrast, the FAC or Family Assistance Center provides support and guidance by coordinating community resources to aid Service and Family members. The FACC and FAS (Family Assistance Center Coordinator and Family Assistance Specialist, respectfully) assist with crisis referral, ID cards and Defense Enrollment Eligibility Reporting System (DEERS), TRICARE, financial and legal service referral. They also conduct outreach to Families of deployed Service members.

A FROG is any tailless, stout-bodied amphibian of the order Anura, including the smooth, moist-skinned frog species that live in a damp or semi-aquatic habitat and the warty, toad species that are mostly terrestrial as adults. 😊

Lastly, the FRG or Family Readiness Group is comprised of volunteers who work together to provide support, education and information to the Service and Family members of a unit in accordance with the unit commander's Family Readiness program. They are trained by the FRSA and refer Service and Family members to the FAC for assistance.

So, now that you know who they are and what they do, can you see how they can affect you and your military family's being prepared (readiness) and better able to handle what comes up (resiliency)?

For more information on any of these programs, please contact the State Family Readiness Office at 605-737-6089 or the Family Assistance Center at 800-658-3930.



Congratulations to our newest RTA's

Pictured Left to Right~

Back row - SGT Michael Dodge, CPT Andrew Thimgan, MAJ Brendan Murphy, SFC Dusty Kiner, SGT Cooper Stanforth, SSG Robert Stickney, SGT Timothy Manning, SGT Victor Settje, MSG Robert McDonald

Row 4 - SGT Cory Sterkel, SSG Adam Sanderson, SFC Mark Meriweather, SGT Sarah Hauge, SSG Steven Barrs, SGT Dan Bloom, SGT Erik Haivala, SSG Grant Evans, SSG Ryan Hanson

Row 3 - SFC Scott Helmen, SFC James Kusters, CPT Shannon Machmiller, SSG Dan Heil, SSG Carlos Rosa, SGT Joshua Bittner, SFC Holly Walton, SGT Tara Hathcock, Matt Weeg

Row 2 - SGT Tamra Sime, SGT Jamie Murray, SGT Amanda Amdahl, SGT Tyler Vanhecke, SGT Joseph Aldentaler, SGT Stephanie Rivera, SGT Jessica Nielsen, 1LT Kristian Ellendorf, SGT Brianna Wagley, SGT McKenzie Weisz

Front row - Instructors: SSG Kaye Nicolaisen, SSG DJ Pearson, SSG Kenny Wheeler, SSG Cindy Erickson, 1SG Dean Nixon, MSG Jeff Green, SSG Marvin Newell, SFC Jay Roberts, MSG Matt Lacroix